

RHL'S 10 MINUTE CHALLENGE RESULTS TRACKER – INFANT, JUNIOR & PRESCHOOL

EXPLANATION

Look at the 'Exercise Guide' provided, choose ten exercises and write them into the table below (or make up your own). *Juniors* are aiming for 45 seconds 'Exercise' followed by 15 seconds 'Rest' before moving onto the next exercise. *Infants and preschool* are aiming for 20 seconds 'Exercise' followed by 10 seconds 'Rest', followed by another 20 seconds of the same 'Exercise' and 10 seconds 'Rest'. E.g. Total of 40 seconds per exercise before moving to the next. Each time you complete an exercise, tick the column under that day. Repeat every day for a week. We've done an example in green to show you.

Don't forget to get sponsored - however the most important part is the taking part!

	EXERCISE	MON	TUES	WED	THURS	FRI	SAT	SUN
	Star Jumps	✓						
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

DISCLAIMER As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RHL from any and all claims or causes of action, known or unknown, arising out of RHL negligence. RHL recommends you consult your physician before beginning any exercise program.